

# IS AGE INCREASE PASSING IN MAY?

Statistics in Cities Show an Excess in Deaths Over Births.

## CENSUS OFFICE FIGURES

Decrease for Year in Greater New York Black Population Was 540.

## AN INCREASE IN MULATTOS

Professor Bloomfield's Theory That White Blood Will Eliminate Characteristics of the Negro.

HERALD BUREAU, WASHINGTON, D. C., Friday.

Is the negro population of the cities of the United States, except as it is recruited by arrivals from the country, decreasing as a result of an excess of deaths over births?

This is a question that has been answered affirmatively in some of the recent discussions of the race problem, but in no case have statistics been given tending to support the answer. All that has been written on the subject seems to have been based on assumption and personal observation, which would be necessarily narrow in scope. In many of the cities efforts are made to obtain accurate statistics of births and deaths. The death statistics are in many cases approximately accurate, but in no case can implicit reliance be placed upon the birth statistics.

Such statistics as there are, however, seem to point in the direction of confirming the theory that the death rate among negroes who reside in cities is considerably in excess of the birth rate. The vital statistics of the Twelfth census, the most reliable of kind that have yet been compiled, but it is recognized and admitted by the census officials that comparatively little reliance can be placed on the figures for births. In the cities only those births of the country and those cities that have registration systems.

The Census Office was able to check the registration figures, and supplement them to some extent by adding together the number of children of less than one year of age found by the enumerators and the number of deaths during the census year of children under one year of age.

Allowing for the imperfection of the figures, when it is found that a great mass of statistics, collected in widely separated parts of the country, and based on different systems of registration, all point in one direction, there would seem to be justification for basing conclusions upon them. If this is true, there is no doubt that the negro population of the cities, not recruited by arrivals from the country, would rapidly diminish.

Out of fifty-six cities reported by the census, in all parts of the country—North, South, East and West—the death rate among the negroes is found to be greater than the birth rate in fifty cities. The remaining six cities are nearly all places with very small negro populations, where the small population is found to be maintained by an accidental falling off in the death rate for that particular year.

There is no part of the country in which the registration of vital statistics is nearly perfect as in New England. For this reason the figures for Boston are particularly interesting. They show that during the census year there were 13,941 births, and 11,277 deaths, making an excess of 2,664 births, making an excess of 2,664 births.

In Buffalo there were 9,227 births and 6,137 deaths among the white population, making the excess of births 3,090. Among the negro population there were 1,490 births, making the excess of deaths 560.

In Chicago there were 43,098 births and 27,533 deaths in the white population, making the excess of births 15,565. Among the negro population there were 1,490 births, making the excess of deaths 560.

In St. Louis there were 12,900 births and 10,390 deaths among the white population, making the excess of births 2,510. Among the negro population there were 1,490 births, making the excess of deaths 560.

In New Orleans there were 5,234 births and 4,977 deaths among the white population, making the excess of births 257. Among the negro population there were 1,490 births, making the excess of deaths 560.

About the same proportions were shown in the other cities, but the above examples are sufficient to demonstrate that if the births among the negro population of the registration cities are recorded with any approximate degree of accuracy the negro population in those cities is not increasing through the birth rate.

Some interesting light is thrown on this subject by the percentages in the increase of various cities. The population shown by the census reports is that, while the rate of increase for the entire population from 1890 to 1900 was 30.7 percent, that for the negro population was 55.7 percent. If a comparison is made for the decade from 1880 to 1890 the result is still more striking. For that decade the increase of the total population was reported to be 24.9 percent, while the increase of the negro population was reported to be 33.5 percent.

An analysis of the figures for 1890 and comparisons with 1880 and 1870 throw grave doubts on the accuracy of the figures for 1890. There is little doubt that some of the Southern States were not credited with all of the population that they contained in 1890, and a careful study of the figures seems to show that in many of them the negro population was reported at considerably less than the true figures. If this is true the result would be that the increase in the negro population from 1880 to 1890 was really larger than 33.5 percent, and consequently the increase from 1890 to 1900 was less than 55.7 percent.

An interesting insight could be thrown upon the general question of the increase in the negro population if reliable statistics were obtainable as to the number of full blooded negroes and the number of mulattos. An attempt was made in the census of 1890 to classify the negroes in proportion to the purity of their blood, but the results obtained were so unsatisfactory that nothing of the kind was done when the last census was taken.

Professor Bloomfield, of Johns Hopkins University, wrote a remarkable series of articles about ten years ago, in which he discussed the race question from the standpoint of a naturalist and anthropologist, and reached the conclusion that the percentage of full blooded negroes was gradually decreasing. Professor Bloomfield believed that the Darwinian law of natural selection was working in the negro race and that in accordance therewith there was a constant tendency on the part of both men and women to mate with those of lighter color than themselves.

So far as there may be fresh infusions of white blood into the race the bleaching out process would be accelerated, but, of course, it would require many centuries to so far eliminate the negro blood as to make the race as a whole lose the distinctive characteristics of the negro.

Will Power, Bread and Water Sustain Trooper on Trying Ordeal.

## IN ARMY OF ARGENTINA

He Long Ago Decided to Forego Eating Meat or Taking Stimulants.

SEVENTY leagues covered in twelve hours, riding at a gallop and stopping only long enough at each prescribed halt to accept a remount, drink a cup of pure water and eat a morsel of wheat bread or taste an orange. This is the record established by an officer in the Argentine army, the Commandante Domingo Astorga, a vegetarian, who lives upon less than five cents a day.

It is a record of about twenty miles an hour for the distance he traveled is nearly 250 miles.

"Sobriety and will," the motto of the new champion long distance rider of the southern continent, is accepted half seriously, half mockingly in his own country, as perhaps the sign that a new prophet has arisen, a Messiah of the proletariat, to use their own words.

If, say the enthusiasts of Buenos Ayres, one can eat a few oranges, a quantity of peanuts, a modest portion of plantain bread, without condiments, without wine, without flesh—with simply a draught of water from a spring, filtered—what are not the possibilities for the future.

What hope arises for the bride and bridegroom blessed abundantly with love, but with slender purses; what renewed assurance as there for the toiler, who can live on less than half a dollar a year, and yet be so effectively nourished that no work will be too onerous, no fatigue beyond his strength!

Astorga's achievement is sufficiently astonishing to challenge the admiration of all whose hearts are stirred by courage and endurance, but, beyond this, it may well attract the attention of the scientific observer in view of the circumstances surrounding the man who accomplished it.

After it was ended physicians who watched the ride in the Hippodrome Palermo, in Buenos Ayres, examined the commandant and found that his condition was normal, though his physique, far from indicating strength adequate for such a feat, seemed rather below the average.

In the intervals, while taking a remount, Astorga was also under this medical scrutiny.

After it was ended physicians who watched the ride in the Hippodrome Palermo, in Buenos Ayres, examined the commandant and found that his condition was normal, though his physique, far from indicating strength adequate for such a feat, seemed rather below the average.

In the intervals, while taking a remount, Astorga was also under this medical scrutiny.

## SAVING LIVES OF OAKS BY SURGERY

University of California Tree Experts Are Performing Remarkable Feats.

## CEMENT TO ARREST DRY ROT

Famous Grove, It Is Expected, Will Now Survive for Centuries Longer.

BERKELEY, Cal., Saturday.—Tree surgeons are at work on the University of California oaks. These famous trees that almost everywhere in the world have been heard of are submitting to a rejuvenating process.

It may not be as painful as the surgery practiced on human beings, but it is doing a great deal of good, and the patient oaks will come out of the ordeal revived and the better equipped to withstand the Pacific winds.

Once in their lives oak trees—the California kind, that is—must be operated upon. Like human beings, as they grow older, their vitality decreases. They wither, their limbs get more crusty, and the dry rot takes hold of their trunks.

In their young days, say when they were about two hundred years old—for the university oaks are estimated to be over four hundred years of age—they were strong enough to shake off these manifestations of age.

But the wind made a wound in the trunk of an oak it soon healed over with new bark; if a limb broke, it sent a new one to take its place.

But in the infirmity of old age the pale tree can no longer cover up its injuries, and it stretches out its scraggy arms, pleading for help to its assistants in its distress.

AFFLICTED WITH DRY ROT.

The most devastating affliction of the oak is the dry rot. It is musty, it is insidious, it is slow, but it is sure. It attacks the limbs, the trunk, the roots, and the wood is broken up and cut off. Before the bark has had time to shed the wood is rotten, and the tree is dead.

Sometimes there will be a hole several feet deep where it is least suspected. If this disease is not corrected it will eat its way into the heart of the tree, eventually killing it.

Professor W. A. Setchell, of the botany department of the university, has been watching with some anxiety the progress of the dry rot on the trees.

Just before his departure for Europe recently he had a conference on the subject with President Wheeler, to whom he said that something must be done to save the oaks, and done at once.

Various are the tools used by the tree surgeons in immediate treatment, and gave orders, therefore, to Grounds Superintendent A. J. T. to have the oaks treated according to Professor Setchell's directions.

In carrying out the instructions, Superintendent Bolton, as chief surgeon, and tree surgeons under him have been tenderly solicited for the fathers of the campus.

In digging out the cavities and filling them with cement, the tree surgeons have exercised the greatest care not to hurt the tree, though there must be injury to the bark, and the wood must be cut out.

Workers have proceeded by ridding the trees of all the dry rot, then disinfecting the exposed places with coal tar and filling them with cement. The cement takes the place of the natural wood and enough is put into the cavity to bring it to the edge of the bark.

This leaves a surface over which the bark grows in time, thus enclosing the cement. The cement was filled to the rim of the bark the work was finished in its growth and finally the tree would die.

# WILLY RIDES 12 HOURS AFTER CURING HIMSELF BY FASTING

True Account of Unparalleled Case Just Filed with Nebraska Historical Society.

## INDIAN DROPPED SOUVENIR

It is Now in a Sealed Case on Exhibition in a Public Museum in Omaha.



ASTORGA ABOUT TO START UPON HIS LONG DISTANCE RIDE.

ASTORGA tells his friends, is the secret of his remarkable condition. His simple diet preserves this condition, he adds, but energy of the will is first.

"This the Commandante's prescription is the formula—Sobriety and will."

Astorga is a soldier of merit. His spurs were long ago won, though he is not yet much more than forty. He was born in the confines of Mendoza, and as a boy chose arms as his profession. At the age of thirteen he was in a military school and, still a youth, he was enrolled in the army of Argentina in the Ninth regiment of cavalry.

For years he fought with his command against turbulent Indians, and was thrice wounded. Twice he was rescued after being captured, and once he was saved from the horrors of torture in a native camp.

But the gravest danger of this trooper's life was one which tries the temper of the bravest man, he is innocent or guilty, for he was accused of the murder of a brother in arms at a fête, and only the arrival of a tardy witness averted a conviction.

This crisis of his life brought forth his theory of nutrition. Then he conceived the idea, new to the plain soldier, that true physical welfare depended upon moral force, and that the body which was under the subjection of the will, if simply nourished, could defy disease or fatigue.

Suffering then with intestinal disorder, the result of his wounds, he passed a period of rest in Guadalupe, his home. He had a friend, a consumptive, whose hope of life had fled.

RESOLVED TO CHANGE DIET.

"Ah," said this friend, "why is there not a cure for this disease? Can you tell me, Astorga?"

"Well," said the soldier, "I have no cure for your trouble, but there is one I am about to try myself. I will give you the recipe and perhaps we shall both astound the faculty of medicine."

"My remedy is based on such teaching as is implied in the cardinal virtues of temperance, chastity, cultivation of the intellect and the cultivation of the body, and pure water must sustain life for me hereafter, or it may be snuffed out for a couple of inches of red ribbon over my head."

Practice of this theory was ridiculous, then respect for Astorga. So predominant, indeed, this latter sentiment became that his great ride, as confirmation of his philosophy, was sanctioned and honored by a general "ordre du jour" of his chief and proceeded under military inspection.

True physical welfare depended upon moral force, and that the body which was under the subjection of the will, if simply nourished, could defy disease or fatigue.

Suffering then with intestinal disorder, the result of his wounds, he passed a period of rest in Guadalupe, his home. He had a friend, a consumptive, whose hope of life had fled.

RESOLVED TO CHANGE DIET.

"Ah," said this friend, "why is there not a cure for this disease? Can you tell me, Astorga?"

"Well," said the soldier, "I have no cure for your trouble, but there is one I am about to try myself. I will give you the recipe and perhaps we shall both astound the faculty of medicine."

"My remedy is based on such teaching as is implied in the cardinal virtues of temperance, chastity, cultivation of the intellect and the cultivation of the body, and pure water must sustain life for me hereafter, or it may be snuffed out for a couple of inches of red ribbon over my head."

Practice of this theory was ridiculous, then respect for Astorga. So predominant, indeed, this latter sentiment became that his great ride, as confirmation of his philosophy, was sanctioned and honored by a general "ordre du jour" of his chief and proceeded under military inspection.

This crisis of his life brought forth his theory of nutrition. Then he conceived the idea, new to the plain soldier, that true physical welfare depended upon moral force, and that the body which was under the subjection of the will, if simply nourished, could defy disease or fatigue.

Suffering then with intestinal disorder, the result of his wounds, he passed a period of rest in Guadalupe, his home. He had a friend, a consumptive, whose hope of life had fled.

RESOLVED TO CHANGE DIET.

"Ah," said this friend, "why is there not a cure for this disease? Can you tell me, Astorga?"

"Well," said the soldier, "I have no cure for your trouble, but there is one I am about to try myself. I will give you the recipe and perhaps we shall both astound the faculty of medicine."

"My remedy is based on such teaching as is implied in the cardinal virtues of temperance, chastity, cultivation of the intellect and the cultivation of the body, and pure water must sustain life for me hereafter, or it may be snuffed out for a couple of inches of red ribbon over my head."

Practice of this theory was ridiculous, then respect for Astorga. So predominant, indeed, this latter sentiment became that his great ride, as confirmation of his philosophy, was sanctioned and honored by a general "ordre du jour" of his chief and proceeded under military inspection.

This crisis of his life brought forth his theory of nutrition. Then he conceived the idea, new to the plain soldier, that true physical welfare depended upon moral force, and that the body which was under the subjection of the will, if simply nourished, could defy disease or fatigue.

Suffering then with intestinal disorder, the result of his wounds, he passed a period of rest in Guadalupe, his home. He had a friend, a consumptive, whose hope of life had fled.

RESOLVED TO CHANGE DIET.

"Ah," said this friend, "why is there not a cure for this disease? Can you tell me, Astorga?"

"Well," said the soldier, "I have no cure for your trouble, but there is one I am about to try myself. I will give you the recipe and perhaps we shall both astound the faculty of medicine."

"My remedy is based on such teaching as is implied in the cardinal virtues of temperance, chastity, cultivation of the intellect and the cultivation of the body, and pure water must sustain life for me hereafter, or it may be snuffed out for a couple of inches of red ribbon over my head."

Practice of this theory was ridiculous, then respect for Astorga. So predominant, indeed, this latter sentiment became that his great ride, as confirmation of his philosophy, was sanctioned and honored by a general "ordre du jour" of his chief and proceeded under military inspection.

This crisis of his life brought forth his theory of nutrition. Then he conceived the idea, new to the plain soldier, that true physical welfare depended upon moral force, and that the body which was under the subjection of the will, if simply nourished, could defy disease or fatigue.

Suffering then with intestinal disorder, the result of his wounds, he passed a period of rest in Guadalupe, his home. He had a friend, a consumptive, whose hope of life had fled.

RESOLVED TO CHANGE DIET.

"Ah," said this friend, "why is there not a cure for this disease? Can you tell me, Astorga?"

"Well," said the soldier, "I have no cure for your trouble, but there is one I am about to try myself. I will give you the recipe and perhaps we shall both astound the faculty of medicine."

"My remedy is based on such teaching as is implied in the cardinal virtues of temperance, chastity, cultivation of the intellect and the cultivation of the body, and pure water must sustain life for me hereafter, or it may be snuffed out for a couple of inches of red ribbon over my head."

Practice of this theory was ridiculous, then respect for Astorga. So predominant, indeed, this latter sentiment became that his great ride, as confirmation of his philosophy, was sanctioned and honored by a general "ordre du jour" of his chief and proceeded under military inspection.

This crisis of his life brought forth his theory of nutrition. Then he conceived the idea, new to the plain soldier, that true physical welfare depended upon moral force, and that the body which was under the subjection of the will, if simply nourished, could defy disease or fatigue.

Suffering then with intestinal disorder, the result of his wounds, he passed a period of rest in Guadalupe, his home. He had a friend, a consumptive, whose hope of life had fled.

RESOLVED TO CHANGE DIET.

"Ah," said this friend, "why is there not a cure for this disease? Can you tell me, Astorga?"

"Well," said the soldier, "I have no cure for your trouble, but there is one I am about to try myself. I will give you the recipe and perhaps we shall both astound the faculty of medicine."

"My remedy is based on such teaching as is implied in the cardinal virtues of temperance, chastity, cultivation of the intellect and the cultivation of the body, and pure water must sustain life for me hereafter, or it may be snuffed out for a couple of inches of red ribbon over my head."

Practice of this theory was ridiculous, then respect for Astorga. So predominant, indeed, this latter sentiment became that his great ride, as confirmation of his philosophy, was sanctioned and honored by a general "ordre du jour" of his chief and proceeded under military inspection.

This crisis of his life brought forth his theory of nutrition. Then he conceived the idea, new to the plain soldier, that true physical welfare depended upon moral force, and that the body which was under the subjection of the will, if simply nourished, could defy disease or fatigue.

Suffering then with intestinal disorder, the result of his wounds, he passed a period of rest in Guadalupe, his home. He had a friend, a consumptive, whose hope of life had fled.

True physical welfare depended upon moral force, and that the body which was under the subjection of the will, if simply nourished, could defy disease or fatigue.

Suffering then with intestinal disorder, the result of his wounds, he passed a period of rest in Guadalupe, his home. He had a friend, a consumptive, whose hope of life had fled.

RESOLVED TO CHANGE DIET.

"Ah," said this friend, "why is there not a cure for this disease? Can you tell me, Astorga?"

"Well," said the soldier, "I have no cure for your trouble, but there is one I am about to try myself. I will give you the recipe and perhaps we shall both astound the faculty of medicine."

"My remedy is based on such teaching as is implied in the cardinal virtues of temperance, chastity, cultivation of the intellect and the cultivation of the body, and pure water must sustain life for me hereafter, or it may be snuffed out for a couple of inches of red ribbon over my head."

Practice of this theory was ridiculous, then respect for Astorga. So predominant, indeed, this latter sentiment became that his great ride, as confirmation of his philosophy, was sanctioned and honored by a general "ordre du jour" of his chief and proceeded under military inspection.

This crisis of his life brought forth his theory of nutrition. Then he conceived the idea, new to the plain soldier, that true physical welfare depended upon moral force, and that the body which was under the subjection of the will, if simply nourished, could defy disease or fatigue.

Suffering then with intestinal disorder, the result of his wounds, he passed a period of rest in Guadalupe, his home. He had a friend, a consumptive, whose hope of life had fled.

RESOLVED TO CHANGE DIET.

"Ah," said this friend, "why is there not a cure for this disease? Can you tell me, Astorga?"

"Well," said the soldier, "I have no cure for your trouble, but there is one I am about to try myself. I will give you the recipe and perhaps we shall both astound the faculty of medicine."

"My remedy is based on such teaching as is implied in the cardinal virtues of temperance, chastity, cultivation of the intellect and the cultivation of the body, and pure water must sustain life for me hereafter, or it may be snuffed out for a couple of inches of red ribbon over my head."

Practice of this theory was ridiculous, then respect for Astorga. So predominant, indeed, this latter sentiment became that his great ride, as confirmation of his philosophy, was sanctioned and honored by a general "ordre du jour" of his chief and proceeded under military inspection.

This crisis of his life brought forth his theory of nutrition. Then he conceived the idea, new to the plain soldier, that true physical welfare depended upon moral force, and that the body which was under the subjection of the will, if simply nourished, could defy disease or fatigue.

Suffering then with intestinal disorder, the result of his wounds, he passed a period of rest in Guadalupe, his home. He had a friend, a consumptive, whose hope of life had fled.

RESOLVED TO CHANGE DIET.

"Ah," said this friend, "why is there not a cure for this disease? Can you tell me, Astorga?"

"Well," said the soldier, "I have no cure for your trouble, but there is one I am about to try myself. I will give you the recipe and perhaps we shall both astound the faculty of medicine."

"My remedy is based on such teaching as is implied in the cardinal virtues of temperance, chastity, cultivation of the intellect and the cultivation of the body, and pure water must sustain life for me hereafter, or it may be snuffed out for a couple of inches of red ribbon over my head."

Practice of this theory was ridiculous, then respect for Astorga. So predominant, indeed, this latter sentiment became that his great ride, as confirmation of his philosophy, was sanctioned and honored by a general "ordre du jour" of his chief and proceeded under military inspection.

This crisis of his life brought forth his theory of nutrition. Then he conceived the idea, new to the plain soldier, that true physical welfare depended upon moral force, and that the body which was under the subjection of the will, if simply nourished, could defy disease or fatigue.

Suffering then with intestinal disorder, the result of his wounds, he passed a period of rest in Guadalupe, his home. He had a friend, a consumptive, whose hope of life had fled.

RESOLVED TO CHANGE DIET.

"Ah," said this friend, "why is there not a cure for this disease? Can you tell me, Astorga?"

"Well," said the soldier, "I have no cure for your trouble, but there is one I am about to try myself. I will give you the recipe and perhaps we shall both astound the faculty of medicine."

"My remedy is based on such teaching as is implied in the cardinal virtues of temperance, chastity, cultivation of the intellect and the cultivation of the body, and pure water must sustain life for me hereafter, or it may be snuffed out for a couple of inches of red ribbon over my head."

Practice of this theory was ridiculous, then respect for Astorga. So predominant, indeed, this latter sentiment became that his great ride, as confirmation of his philosophy, was sanctioned and honored by a general "ordre du jour" of his chief and proceeded under military inspection.

This crisis of his life brought forth his theory of nutrition. Then he conceived the idea, new to the plain soldier, that true physical welfare depended upon moral force, and that the body which was under the subjection of the will, if simply nourished, could defy disease or fatigue.

Suffering then with intestinal disorder, the result of his wounds, he passed a period of rest in Guadalupe, his home. He had a friend, a consumptive, whose hope of life had fled.

RESOLVED TO CHANGE DIET.

"Ah," said this friend, "why is there not a cure for this disease? Can you tell me, Astorga?"

"Well," said the soldier, "I have no cure for your trouble, but there is one I am about to try myself. I will give you the recipe and perhaps we shall both astound the faculty of medicine."

"My remedy is based on such teaching as is implied in the cardinal virtues of temperance, chastity, cultivation of the intellect and the cultivation of the body, and pure water must sustain life for me hereafter, or it may be snuffed out for a couple of inches of red ribbon over my head."

Practice of this theory was ridiculous, then respect for Astorga. So predominant, indeed, this latter sentiment became that his great ride, as confirmation of his philosophy, was sanctioned and honored by a general "ordre du jour" of his chief and proceeded under military inspection.

This crisis of his life brought forth his theory of nutrition. Then he conceived the idea, new to the plain soldier, that true physical welfare depended upon moral force, and that the body which was under the subjection of the will, if simply nourished, could defy disease or fatigue.

Suffering then with intestinal disorder, the result of his wounds, he passed a period of rest in Guadalupe, his home. He had a friend, a consumptive, whose hope of life had fled.

True physical welfare depended upon moral force, and that the body which was under the subjection of the will, if simply nourished, could defy disease or fatigue.

Suffering then with intestinal disorder, the result of his wounds, he passed a period of rest in Guadalupe, his home. He had a friend, a consumptive, whose hope of life had fled.

RESOLVED TO CHANGE DIET.

"Ah," said this friend, "why is there not a cure for this disease? Can you tell me, Astorga?"

"Well," said the soldier, "I have no cure for your trouble, but there is one I am about to try myself. I will give you the recipe and perhaps we shall both astound the faculty of medicine."

"My remedy is based on such teaching as is implied in the cardinal virtues of temperance, chastity, cultivation of the intellect and the cultivation of the body, and pure water must sustain life for me hereafter, or it may be snuffed out for a couple of inches of red ribbon over my head."

Practice of this theory was ridiculous, then respect for Astorga. So predominant, indeed, this latter sentiment became that his great ride, as confirmation of his philosophy, was sanctioned and honored by a general "ordre du jour" of his chief and proceeded under military inspection.

This crisis of his life brought forth his theory of nutrition. Then he conceived the idea, new to the plain soldier, that true physical welfare depended upon moral force, and that the body which was under the subjection of the will, if simply nourished, could defy disease or fatigue.

Suffering then with intestinal disorder, the result of his wounds, he passed a period of rest in Guadalupe, his home. He had a friend, a consumptive, whose hope of life had fled.

RESOLVED TO CHANGE DIET.

"Ah," said this friend, "why is there not a cure for this disease? Can you tell me, Astorga?"

"Well," said the soldier, "I have no cure for your trouble, but there is one I am about to try myself. I will give you the recipe and perhaps we shall both astound the faculty of medicine."

"My remedy is based on such teaching as is implied in the cardinal virtues of temperance, chastity, cultivation of the intellect and the cultivation of the body, and pure water must sustain life for me hereafter, or it may be snuffed out for a couple of inches of red ribbon over my head."

Practice of this theory was ridiculous, then respect for Astorga. So predominant, indeed, this latter sentiment became that his great ride, as confirmation of his philosophy, was sanctioned and honored by a general "ordre du jour" of his chief and proceeded under military inspection.

This crisis of his